



**Leptocephalus**  
5mm - 80mm

**Glass eel**  
Approximately 8cm

**Elver**  
<12cm

**Yellow eel**  
Up to approximately 1m +

**Silver eel**  
Females >45cm long, up to 1m+.  
Weigh 250g - 6kg  
Males <45cm long. Weigh around 150g

**Egg**  
A female eel will lay eggs only once during her life time; and has to return to the Sargasso Sea to do this

**Spawning**  
Over 6,500km away in the Sargasso Sea

# European eel life cycle

Green Recovery Challenge Fund

